



Rujuta Diwekar is India's leading sports science and nutrition expert and amongst the most followed nutritionist in the world. In the plethora of diet fads and fears, her voice rings loud and clear, urging us to use our common sense and un-complicate the act of eating. She emphasizes on a blend of traditional food wisdom and modern nutritional science for a healthy body and mind, best reflected through the mantra – Eat local, think global.

Her books have sold more than a million copies in more than 7 languages and continue to define the discourse on health and exercise across the country.

Rujuta Diwekar

Academic qualifications

- Future of Foods, Potsdam University, Germany 2015
- Sports Nutrition course, Australia institute of Sports, Canberra 2010
- P.G in Sports science and Nutrition, S.N.D.T College, Mumbai, 1999
- Sadhna intensive and Teacher training courses from Sivananda Yoga Vedanta academy, Uttarkashi.

Clientele

In a career spanning more than 15 years, Rujuta has worked with clients from all walks of life, from businessmen to homemakers, students celebrities and sportsmen. Some of her famous clients are:

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| • Kareena Kapoor | • Alia Bhatt |
| • Anil Ambani | • Karisma Kapoor |
| • Varun Dhawan | • Anupam Kher |
| • Saif Ali Khan | • Richa Chadda |

Recognition

- Winner of 'Nutrition award' from Asian institute of Gastroenterology, Hyderabad
- Voted as the '50 most powerful people in India' by People magazine.
- Amongst the only 3 Indians in the 'CNN Asia-Hotlist: People to watch out for.'
- Invited by Govt. of India to conduct workshops at IAS, CAG, Judicial and police academies. Also by Indian Embassy to Singapore, China and Nepal.

Current Projects

- Mumbai police welfare project- Since 2016, working closely with Mumbai police for improving their fitness through easy, practical interventions.
- Sonave community farming project – Started in 2016, this first of its kind project introduced urban Indians to farming and brought them a closer understanding of agriculture and farming community..
- 12-week fitness program - Started in the beginning of 2018, the world's largest open participation public health project had more than 75000 registered participants following weekly guidelines and seeing huge improvement in their health parameters.



More about Rujuta here: <http://rujutadiwekar.com/about.aspx>

